

Omonia Youth FC

Coaching to *'play brave'* - A coaches guide

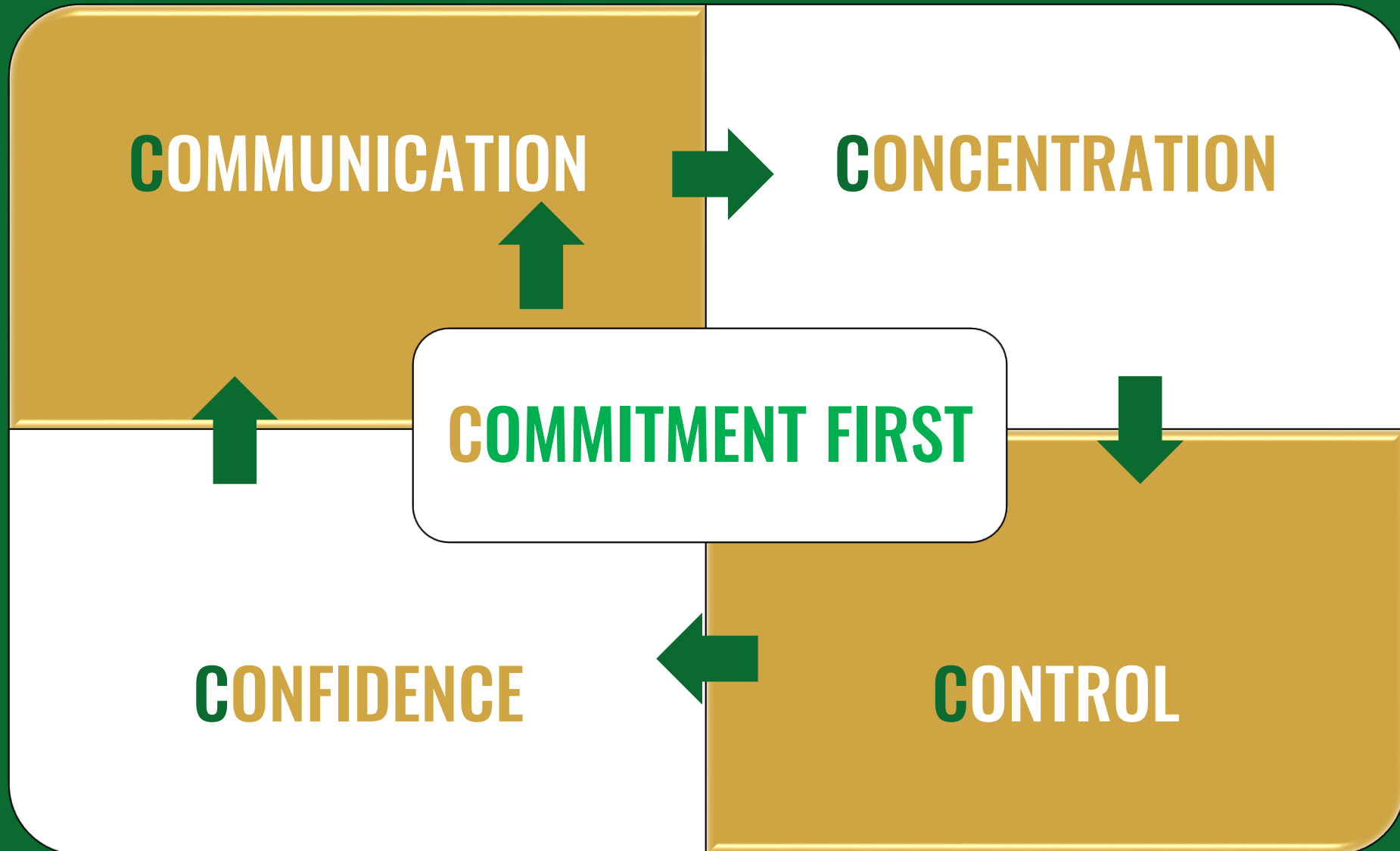




“It’s NOT non-competitive. It’s child centered competition. Non-competitive implies everything is a friendly, like the game doesn’t matter. That’s simply not the case. All games matter to the kids, for some adults it matters too much and therein lies a lot of the problems”

Nick Levett - Head of Talent & Performance, UK Coaching

Omonia Youth FC is a club that promotes the 5Cs in coaching.
All session should aim to embed the 5Cs



What do the 5Cs look like?

COMMUNICATION

- Takes and gives instructions well
- Asks questions
- Uses positive praise
- Good body language
- Pays attention

COMMITMENT

- On time
- Engaged
- Enjoys being tested
- Plays for the team
- Improves their peers
- Shows respect
- Leads by example

CONCENTRATION

- Not easily distracted
- Focused on task
- Good reading of the game
- Always switched on

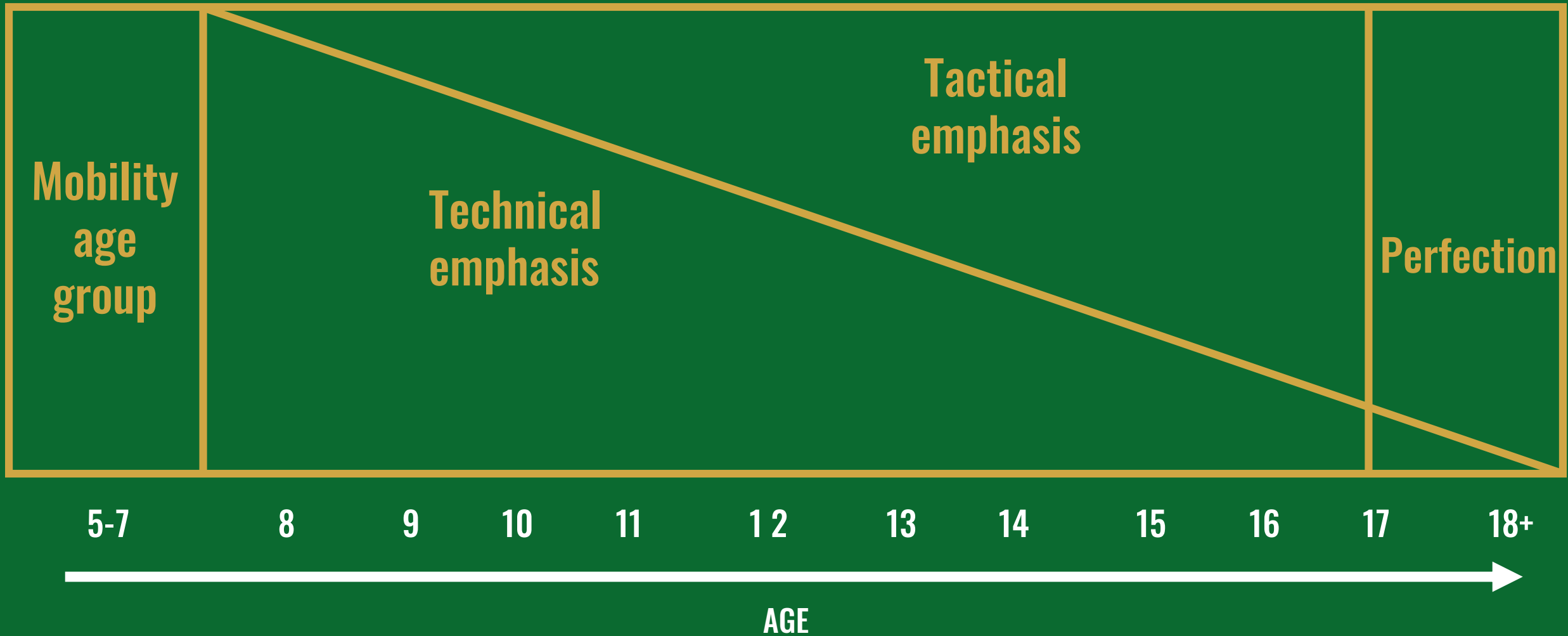
CONTROL

- Calm under pressure
- Control the controllable
- Good body language
- Controlled breathing
- Positive “self-talk”
- Shows respect

CONFIDENCE

- Wants the ball always
- Plays brave
- Nothing can put them off their game
- Shares their positivity
- Pressure is a challenge

Guide for age-appropriate session planning



The 'Four Moments' in a Game:

OYFC training sessions should try to always include this cycle



Transitioning through the 'four moments' of a game

OMONIA HAVE THE BALL

- Play brave
- Want the ball
- Move ball forward at right time
- Control the tempo
- Use whole pitch to open space
- Take the game to them

OMONIA HAVE JUST LOST THE BALL

- Can we win it straight back?
- Closest player presses the ball
- Next closest cover that vacated space
- Rest of team recover into defensive shape
- Stay focused

OMONIA HAVE JUST WON THE BALL

- Can we counter fast while opposition are out of position
- If early ball is not on keep possession
- Play brave
- Want the ball
- Take the game to them

OMONIA DON'T HAVE THE BALL

- Closest player presses the ball
- Next closest cover that vacated space
- Can we hold a tight defensive shape
- Force their play wide
- Stay focused on the play
- Try to win tackles cleanly



Omonia Youth FC training ages



FOUNDATION PHASE		YOUTH DEVELOPMENT	
U6 – U12	U13 – U15		U16 – U18
‘THE GOLDEN YEARS’	‘LEARNING THE GAME’		‘TRAINING TO WIN’ (THIS IS NOT WIN-AT-ALL-COSTS!)

THERE IS A FLUIDITY. PHASES SHOULD SEAMLESSLY FLOW.

THIS LINKS WITH AGE-APPROPRIATE COACHING

FOUNDATION PHASE

UNDER 6 TO UNDER 9

FULL ROTATION

All players should play in every position, on both sides of the pitch.

All players should as a GK. (they are out-field players with gloves on!)

FOUNDATION PHASE

UNDER 10 TO UNDER 13

EXTENSIVE ROTATION

Players start to develop preferred positions. Continue giving playing time in all parts of the pitch across a season.

GKs progressively become regular but should still be given time outfield.

YOUTH DEVELOPMENT

PHASE U14-U15

LESS ROTATION

Players will have a preferred position that starts to reflect their developing physicality.

Players have a 2nd or 3rd position that they sometimes experience.

YOUTH DEVELOPMENT

PHASE U16-U18

LITTLE ROTATION

Players will have a preferred position that they begin to learn to specialise individual traits in.

Try to have a nearby second position (e.g. CB who can play DM)

ROTATION, ROTATION, ROTATION

Players are routinely rotated to allow the best possible development opportunities during their football journey. This is especially important at the younger age groups ('The Golden Age of Development'). Rotating GKs allows all our children to develop movement skills that only GKs can experience and allows GKs to develop outfield skills. Playing in all parts of the pitch develops 'complete footballers' - those who can see the play in front of them (defence), around them (midfield) and with their back to goal (attack). We don't want our players to be specialising in any sport at a young age, let alone a position within football!



EQUAL PLAYING TIME FOR ALL This is **non-negotiable**.

Provided players demonstrate basic expectations of a positive attitude and good behaviour, equal playing time for all is expected and is consistent with the club's ethos of 'football for all'

MINIMUM PLAYING TIME There is still the aspiration for equal playing time at U14 / U15 . It is **encouraged**. Competitive football allows a greater degree of flexibility. However, all players are expected to play at least 20 minutes on match day.

AGE-APPROPRIATE COACHING: ROTATION AND PLAYING TIME

FOUNDATION PHASE

UNDER 6 TO UNDER 9

MASTER YOUR BODY, MASTER THE BALL

Children should be challenged physically and be given plenty of opportunities to connect with ball and stay with the ball

'KEEP THE BALL, STAY ON THE BALL'

PRACTICE DESIGN

Lots of 1v1s
'ABCs' games (agility, balance, coordination & speed)
3v3 preferred game format

FOUNDATION PHASE

UNDER 10 TO UNDER 13

MASTER YOUR OPPONENT

Coach children individual skill and tactics 'on and around the ball'. Introduce basic tactical concepts (with & without ball, transition)

PRACTICE DESIGN

As previous plus 2v1, 1v2, 2v2, 3v2, 2v3
3v3 to 6v6 Small Sided Games

YOUTH DEVELOPMENT

PHASE U14-U15

MAKE CONNECTIONS WITH TEAM MATES

More focus on tactical concepts around creating & denying space, disconnecting from opponents, connecting with other team mates.

'STAY ON THE BALL ... FOR THE RIGHT AMOUNT OF TIME'

PRACTICE DESIGN

Group practices to challenge key concepts in specific parts of the pitch, to include phases of play. SSGs (4v4 upwards) with constraints.
Don't neglect the fundamental individual tactics and skills that all good players need. 1v1s still very important

YOUTH DEVELOPMENT

PHASE U16-U18

CONNECTIONS WITH AND BETWEEN THE LINES

Increased focus on team tactics and between positional units
Start to work on 'finding to win' in games



AGE-APPROPRIATE COACHING: TECHNICAL AND TACTICAL

The 'Golden Years': U8 – U12



FUN, FUN, FUN

Less 'pass, pass, pass' and more 'keep, keep, keep the ball'

Focus on individual skill and tactics 'on and around the ball'

Small sided games, 1v1, 2v2, 3v3 moving towards 4,4, 5v5, 6v6

Overloads and underloads

'ABCs' games (agility, balance, coordination & speed)

Always have something to attack and defend

At the least make sure you're games replicate the "four moments of the game"

Typical 1 hour training session, link the sessions together for better understanding and higher learning outcomes. Use water breaks for team chats. Use different ways to impart learning. Player ownership is key. It's their session!

Arrival
activity
5mins
Free play?

High 5s and
session plan
sharing

Ball mastery
15mins

Small sided
games
15mins

Player led
recap for
ownership
5mins

Small sided
games
10mins

Large small
sided games
10mins

Player led
debrief
Team high 5s

'Learning the game': U13 - U15



Fun and engaging sessions must still be the focus

Begin to 'stack' your sessions to get more in

Begin to add tactical detail into you're session planning

Small sided games still needed, 1v1, 2v2, 3v3. Overloads, underloads

Use small and large sided games to bring game understanding, playing 'through the thirds' as a good way to help

Games / sessions should replicate the 'four moments of the game'

Typical 1 hour training session, link the sessions together for better understanding and higher learning outcomes. Use water breaks for team chats. Use different ways to impart learning. Player ownership is key. It's their session!



'Training to win': U16 - U18



Fun and engaging still the focus but add 'finding ways to win'.
Sessions to link strongly to match day tactics / positional units
Session intensity is vital to replicate match day pressure and energy
Link warm ups with small sided games to allow more time in session
Use small and large sided games to bring game understanding, playing 'through the thirds' as a good way to help
Games / sessions should replicate the 'four moments of the game'

Typical 1 hour training session, link the sessions together for better understanding and higher learning outcomes. Use water breaks for team chats. Use different ways to impart learning. Player ownership is key. It's their session!





**What do Omonia
Youth FC players
'look like'?**

Omonia Youth FC Goalkeeper



On the ball (player / team)

- Be confident
- Looks to distribute the ball in the best way
- Happy to play with their feet
- Be a passing option to help team mates
- Reading the game in case play breaks down
- Happy to leave line and follow the play
- Be a communicator – give instructions as they are they see the whole pitch
- Mental strength (manager the high and lows of the game)



Gianluigi Buffon

Off the ball. (player / team)

- Protect the goal
- Shot stopping – make the decision to catch, parry or deflect
- Good starting position – readiness for shots, crosses or through balls
- Dominates their box
- Confident and brave in 1v1
- Positioning in relation to the defensive unit
- Be a communicator – give instructions as they are they see the whole pitch
- Mental strength (manager the high and lows of the game)

Omonia Youth FC Fullback / Wingback



On the ball (player / team)

- Play brave; want the ball
- Stay wide to open pitch
- Support the attack – overlap runs
- Receiving skills – break the lines with one touch
- Composure
- Look to put fast paced crosses in the 'corridor of uncertainty'
- Follow the game, halfway line is not your stopping point!
- Help create 2v1's in attacking half (link up skills)
- Fullbacks to take throw ins
- Able to beat a player 1v1
- Passing skills (short and long)



Off the ball (player / team)

- Protect the goal
- 1v1 defending skills (footwork, speed, reaction, agility, balance)
- Regaining possession skills (tackling, intercepting)
- Communication skills
- Marking and covering (recovery runs)
- If we can't win ball back early get into shape
- Track back with game / follow runner
- Push your opponent wide
- Block crosses
- Check your shoulders when play is on opposite side of pitch

Omonia Youth FC Centre Back



On the ball (player / team)

- Play brave / want the ball
- Look to build play from GK
- Positioning – spatial awareness
- Front foot to back foot transition (shifting bodyweight, footwork)
- If GK going direct, lead the line forward
- Passing skills (short and long, both feet)
- Receiving skills off both feet
- Be a set-piece threat
- Carry the ball – be brave to start attacks
- Help your teammates see the pictures you see - communicate
- Play a high line
- Defenders are footballers too!



Off the ball (player / team)

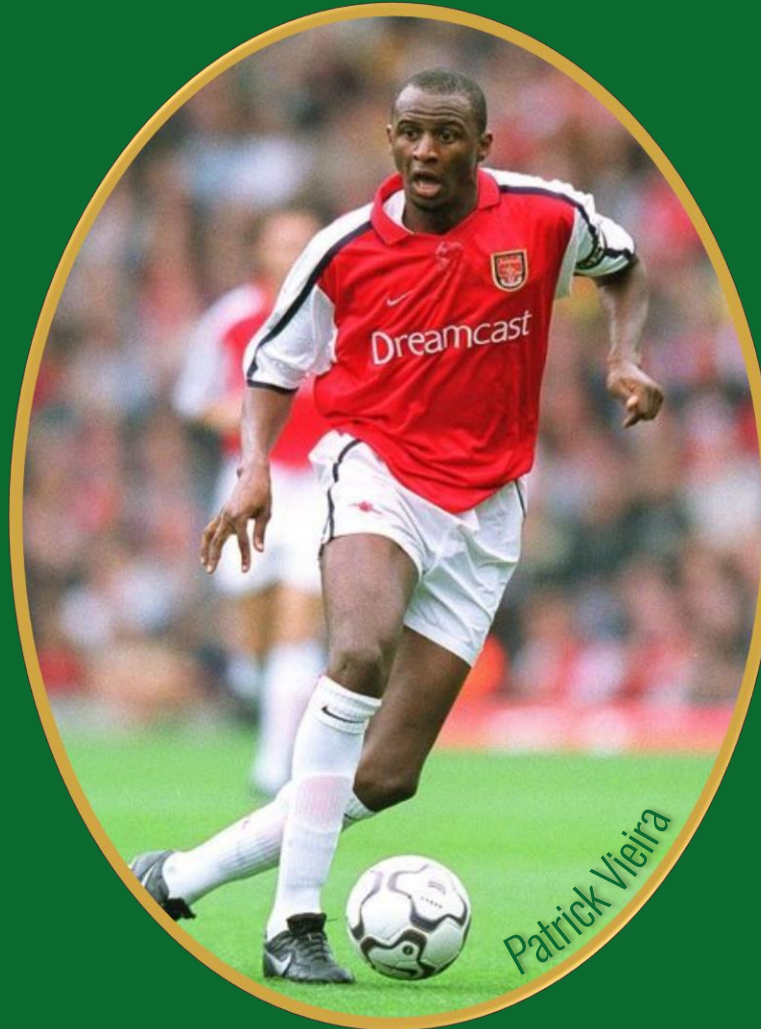
- Protect the goal
- Read the game (intercept, blocking)
- Tackling (standing or go to ground)
- Analyse opponents and adjust game
- Organisation skills
- If we can't win ball back early get into shape
- Use your ability to see the whole game to help your teammates
- Stay focused. Concentrate
- Be ready for balls in behind you, in the air or on the ground
- Make sure you have midfield cover in front of you

Omonia Youth FC Central Midfielder



On the ball (player / team)

- Play brave / want the ball
- Endurance – box to box
- Always scanning
- Dictates the tempo
- Can play 360 degrees – supporting angles
- Communicator / organiser
- Quality receiving skills (protect ball, turn, manipulate)
- Happy to play in busy areas
- Makes driving runs forward
- Understands when to hold and protect CBs
- Full range of passing (short, long, disguise, weight)
- Shooting / finishing (in/out of the box, one touch)



Off the ball (player / team)

- Protect the goal
- If we can't win ball back early get into shape
- Regain possession (intercept, screening, tackling)
- Communicator / organiser (when to press / screen)
- Always scanning
- Get tight to opponent
- Track back
- Cover gaps left by teammates
- Anticipate danger
- React to turnovers

Omonia Youth FC Winger / Wide Forward



On the ball (player / team)

- Play brave /want the ball
- Stay wide to open pitch
- Attack opposition fullback – be good in 1v1
- Crossing variations – on the run, both feet, one-touch, standing start (shift ball to cross)
- Effective passing skills – through balls, give and go, one touch play
- Play on the front foot
- Be a goal threat – get into the box
- Have a good understanding with fullback to create 2v1s
- Dribble at pace
- Use body to fool opponent
- Competent finishing - both feet, one touch in/out of the box



Off the ball (player / team)

- Protect the goal
- Defensive responsibility – pressing, tracking, marking
- If we can't win ball back early get into shape
- Track your opponent
- Don't let your fullback be left 2v1
- Read the game so you can use the space left by opponent if your team wins the ball back (anticipate and react)
- Good in 1v1 when filling in for fullback.

Omonia Youth FC Central Attacking Midfielder



On the ball (player / team)

- Play brave / want the ball
- Be good in 1v1
- Dribbling skills – in tight areas
- Quality receiving skills under contact and pressure from different angles
- 360 degree awareness
- Find and create space between the lines
- Quality penetrative passing – one touch, on the run, angles / distances through balls (weight)
- Intelligent runs into goal scoring positions – beyond the 9
- Be a goal threat – get into the box
- Finishing skills – long range, one touch, both feet, under pressure



Off the ball (player / team)

- Protect the goal
- Defensive responsibility – pressing, tracking, marking, blocking
- If we can't win ball back early get into shape
- Track your opponent when filling in for 4 & 8
- Read the game so you can use the space left by opponent if your team wins the ball back (anticipate and react)
- Good in 1v1 when filling in for CM.
- Balance / composure / focus

Omonia Youth FC Forward / Striker



On the ball (player / team)

- Play brave / want the ball
- Variation of movement – angles, lose markers, get in behind
- Quality receiving skills under contact and pressure
- Hold the ball up to bring teammates into game. Link up play
- Effective passing – one touch, on the run, angles / distances through balls (weight)
- Be alive to everything
- Don't stop moving to pull defences out of shape
- A goal is a goal - does not matter how you score!
- Full range of goal scoring skills – both feet, one touch



Cristiano Ronaldo



Lionel Messi

Off the ball. (player / team)

- Protect the goal
- If we can't win ball back early get into shape
- Tactical awareness of when and where to press / contain efficiently.
- Press defenders if they try to play out from the back
- Don't drop too deep
- Instruct your teammates when they are defending - you can see the pitch clearly
- Be ready to go early in case your team wins ball back (anticipate and react)

How to be a great grassroots coach

1. Be the best part of their day;
2. Provide a safe, fun, learning environment;
3. Coach with questions. Make your players think;
4. Care about your players. Ask them about their day;
5. Be patient. Be positive. Be passionate;
6. Get on their level. Use their language;
7. Coach the entire session: no laps, no lines, no lectures;
8. Praise the process: attitude, effort, focus;
9. Lead by example: punctuality, positive body language, enthusiasm
10. Mistakes are learning opportunities



Coaching Interventions – a reminder:

As a coach, take a moment *before* you stop the session, *before* you intervene and *before* you speak...

Think:

1. Is it necessary?
2. Is it relevant?
3. Is it appropriate?
4. Is it achievable?
5. Does it make sense?
6. Does it add value?





OMONIA YOUTH FOOTBALL CLUB

"Supporting the Community through Youth Football"

2021 Middlesex FA 'Grassroots Club of the Year'

Formed in 1994, Omonia Youth FC is committed to giving the children of the community a safe and fun environment to learn and develop their love of football. The club's *'football-for-all'* philosophy stresses the importance of inclusion, community, togetherness, positivity and sportsmanship. OYFC is an accredited England Football Club and Nike Partner Club.



@omoniayouthfc



@omoniayouthfc1994



www.omoniayouthfc.com